

AN INTERNATIONAL YOGA SCHOOL

SKM YOGA

YEAR BOOK 2023

www.skmyoga.com

Patrons

Pt Shri Ram Sharma Acharya

Pandit Shri Ram Sharma Acharya, also known as Yugrishi, is the founder of Shantikunj Haridwar and Yug Nirman Mission Mathura. His immense contributions as a great yogi, writer of 3600 books, freedom fighter, and Siddh Sadhak of Gavatri have made him a revered figure in the field of spirituality.

Mata Bhagwati Devi Sharma

Mata Bhagwati Devi Sharma, the wife of Pandit Shri Ram Sharma Acharya, has played an instrumental role in making his dreams a reality. Her unwavering support and valuable efforts have been crucial in the success of their mission. Mata Bhagwati Devi Sharma can rightly be compared to Shakti, the divine female energy, as she embodies strength, resilience, and devotion.



Mission OF SKM YOGA

OUR PILLARS

Breathwork: The first pillar of SKM Yoga is breathwork. We believe that the breath is the bridge that connects the body and the mind. Through specific breathing techniques, we can tap into our inner energy and calm the mind, allowing for a deeper connection to our practice. Breathwork is not only beneficial during the yoga session but also in our daily lives, helping us find balance and reduce stress.



Movement: The second pillar is movement. SKM Yoga focuses on fluid and intentional movements that flow with the breath. We encourage practitioners to explore their bodies and find their own unique expressions of each posture. By connecting breath and movement, we cultivate strength, flexibility, and mindfulness on the mat.



The third and final pillar is meditation. SKM Yoga believes that true transformation happens when we are able to quiet the mind and connect with our inner selves. Through guided meditation and mindfulness practices, we learn to observe our thoughts without judgment and cultivate a sense of inner peace. Regular meditation practice can help us navigate the ups and downs of life with grace and resilience.



WHY CHOOSE US?

We strive to create a supportive and inclusive community where people of all ages, backgrounds, and fitness levels can come together to explore the vast benefits of yoga. Whether you are a beginner or an experienced yogi, our classes are designed to meet you where you are and help you progress at your own pace. Our highly skilled and passionate instructors are dedicated to guiding you through a variety of yoga styles, including Hatha, Vinyasa, Ashtanga, and Yin. We emphasize proper alignment, breath awareness, and mindfulness in each class, allowing you to experience the full potential of your practice. But SKM Yoga is more than just a place to practice yoga. It is a sanctuary where you can find peace, harmony, and a sense of belonging. We believe that everyone deserves to experience the transformative power of yoga, and we are committed to making it accessible to all. So, if you're ready to embark on a journey of self-discovery, health, and personal growth, then join us at SKM Yoga. Whether you're looking to improve your flexibility, relieve stress, enhance your mental focus, or simply find inner peace, we have the classes and resources to support you every step of the way.

OUR BELIEVE

At SKM Yoga, our mission is simple yet powerful: to empower individuals to unlock their full potential through the practice of yoga. We believe that everyone has the ability to transform their lives and achieve a state of physical, mental, and emotional well-being. Through our unique approach to yoga, we aim to guide and support our students on their journey towards self-discovery and personal growth.



OUR APPROACH

What sets SKM Yoga apart from other yoga studios is our holistic approach. We understand that yoga is not just about physical exercise, but also about nurturing the mind and soul. Our experienced teachers are dedicated to creating a welcoming and inclusive environment where students can explore and deepen their yoga practice at their own pace. Whether you are a complete beginner or an advanced practitioner, you will find a class that suits you and your specific needs.



OUR AGENDA

We offer a wide range of yoga classes and workshops, each designed to target different aspects of well-being. From Vinyasa Flow and Hatha Yoga to Yin Yoga and Meditation, our classes cater to all levels of experience and fitness. Our skilled instructors are committed to providing personalized attention and guidance to ensure that each student receives the maximum benefit from their practice.





VISION

YOG..THE TRADITIONAL WAY FOR MODERN APPROCH

At SKM Yoga, we aim to create a supportive and inclusive community where individuals of all backgrounds and abilities can come together to explore the transformative power of yoga. Our vision is to empower and inspire individuals on their journey towards holistic well-being, both physically and mentally.

At SKM Yoga, we offer a wide range of classes to suit every individual's needs and preferences. Whether you are a beginner or an advanced practitioner, we have classes that will challenge and inspire you. From relaxing Ashtanga yoga sessions to invigorating Vinyasa flow classes, we have something for everyone.

We believe that yoga is not just a physical practice, but a way of life. Through our classes, workshops, and retreats, we strive to provide a safe and nurturing environment for practitioners to deepen their understanding of yoga, cultivate mindfulness, and enhance their overall quality of life.

We are incredibly excited about the vision of SKM Yoga, and we would be honored to have you join our community. Whether you're looking to improve your physical fitness, manage stress, or simply find a supportive space to connect with like-minded individuals, we are confident that SKM Yoga can provide you with the tools and support you need.

INTRODUCTION

ACCELERATE YOUR CAREER IN YOGA

SKM Yoga, one of the premier yoga brands in India. Since our inception in 2011, SKM Yoga has been dedicated to promoting the ancient practice of yoga, not only in India but across the globe. We have successfully conducted numerous yoga sessions and workshops in countries like Dubai, Vietnam, and Thailand, spreading the benefits of yoga far and wide. At the helm of SKM Yoga is Dr. Shivam Mishra, a renowned yoga master in India. With his expertise and guidance, we have been able to establish ourselves as a trusted name in the field of yoga. Additionally, we are fortunate to have the support and leadership of Rishikant Mishra and Gyanendra Kumar Gyan, who bring their wealth of knowledge and experience in both yoga and management. Over the years, SKM Yoga has had the pleasure of working with various corporates, schools, clubs, and prominent clients in India. We take pride in delivering exceptional yoga sessions that cater to the specific needs and goals of our clients. Our aim is not only to promote physical well-being but also to nurture mental and emotional harmony through the practice of yoga. We understand that the benefits of yoga go beyond physical fitness, which is why we strive to create a welcoming and inclusive environment for all individuals, regardless of their age or fitness levels. Our experienced instructors are passionate about helping individuals achieve their wellness goals and embrace a holistic approach to life. If you or your organization are interested in experiencing the transformative power of yoga, we would be delighted to collaborate with you. Whether it's a one-time session, a workshop, or a long-term partnership, we are confident in our ability to provide a high-quality yoga experience that meets your expectations.

INTRODUCTION TO LOGO



विवेकख्यातिरविष्लवा हानोपायः

SIDDHI I KAVILYA I MOKSHA

SKM FULL FORM

In the world of yoga, SKM stands for Siddhi, Kaivalya, and Moksha. Let me break it down for you: Siddhi refers to the attainment of spiritual powers or abilities. It's all about harnessing and channeling your inner strength to achieve extraordinary feats. Think of it as tapping into your full potential and accessing the power within. Kaivalya, on the other hand, is about understanding the true nature of Siddhi. It's like unlocking the secret behind the power and realizing the depth of its significance. It's about grasping the essence of what Siddhi truly means and how it impacts our lives. And finally, Moksha. After experiencing the power of Siddhi and understanding its true nature through Kaivalya, Moksha is about letting go. It's about finding permanent liberation from the attachments and limitations that hold us back. It's like breaking free from the shackles and embracing a state of ultimate freedom. In the real world, the concepts of Kaivalya and Moksha hold significant differences. While Kaivalya focuses on understanding and grasping the power of Siddhi, Moksha takes it a step further by exploring how to transcend it for a state of permanent liberation.

STRENGTH OF THE SKM YOGA BRAND



BRAND
VALUE
OF
SKM YOGA

MOST EMERGING BRAND OF YOGA



skmyoga

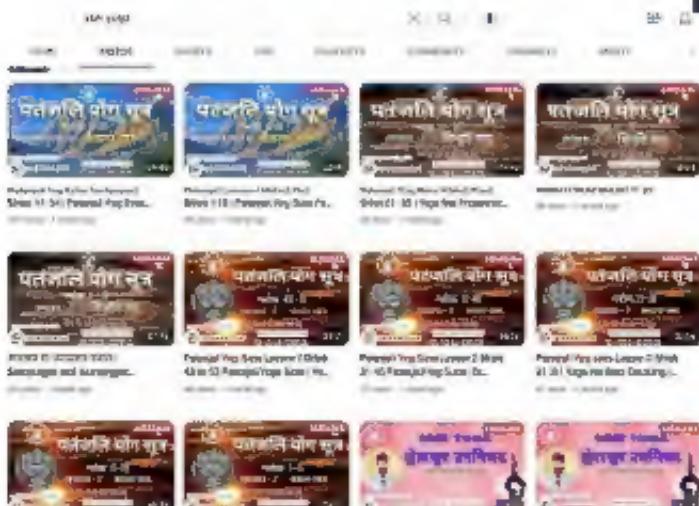
[Follow](#)[Message](#)

...

771 posts**17K followers****26 following****SKM Yoga India**

Yoga Studio

SkM Yoga is a well known yoga organisation based in Noida ,Dubai, Thailand and Vietnam provides various kinds of Yoga services for good health.

www.skmyoga.co**km Yoga**

★★★★★ (593)

years in business - Open

[Website](#)[Directions](#)[Call](#)[Share](#)[Overview](#)[Services](#)[Reviews](#)[Updates](#)[Photos](#)

Open 24 hours

089209 21620

www.skmyoga.com

Services: Iyengar yoga, Ashtanga yoga, Karma yoga, Kundalini yoga, Pregnancy yoga, Group lessons, Jhana yoga, Private lessons, Power...

Serves Sector 50

**Skm yoga**

29K likes · 31K followers

**590+ GOOGLE REVIEWS
17000 FOLLOWERS ON
INSTAGRAM****30000 FOLLOWERS ON
FACEBOOK****APPROX 10000 REGISTERED
MEMBERS****1000+ TELEGRAM MEMBERS****2500+ YOUTUBE****SUBSCRIBERS
5+ COUNTRIES****200+ BATCHES****10000+ STUDENTS**

Sister Organizations

SKM Yoga is one such brand. Established in 2010, SKM Yoga is a pioneering yoga company in India that has been at the forefront of the yoga movement. In addition to providing yoga classes, SKM Yoga has also established several sister brands that offer yoga-related products and services. These sister brands include Yoga Song Khoe Academy, Yog Sports Foundation India, YSK Alliance, Yog Yatra, CB Misra Yog Award, Udaar Foundation, and Yoga Club Vietnam.



DIRECTORS

message

WELCOME AT SKM YOGA

The purpose of SKM Yoga would have to extend a sincere welcome to you and assure you to our sacred and spiritual journey.

We believe that undergoing your spiritual journey is your personal expectation for each individual. We SKM believe to create the environment that not only nurture our physical well-being but also purifies your mind and body. Years of dedicated experience we have years of experience and expertise in various yoga disciplines, further enhance you through the incredible journey. Whether you are a beginner or an advanced practitioner we have classes and workshops tailored to meet your needs and goals. Our studio is a safe space, a quiet and non-judgmental space where you can let go of stress and deepen your practice. We believe that yoga is more than a physical practice, it is a spiritual discipline that cultivates the mind, body and soul. Through our grace, balance, you will begin to recognize your own spiritual leading, your own strength and clarity. In addition to our regular classes, we also offer workshops and retreats that delve deeper into the aspects of yoga and meditation. These unique events allow you to immerse yourself fully in the yogic culture with like minded individuals who share a common goal for self-discovery and personal growth. We are committed to providing you with the highest level of care and guidance throughout your yoga journey. Our dedicated staff is always available to address any questions or concerns you may have. Please feel free to reach out to us at any time, and we will be happy to assist you.

THE DIRECTORS

Phone:

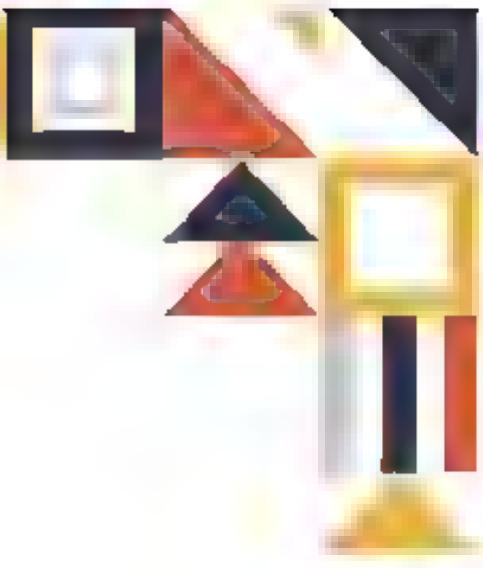
+91 8826476724

Email:

shivam@skmyoga.com

BOARD OF DIRECTORS

SKM YOGA



**RISHIKANT
MISHRA**

AT SKM YOGA, WE BELIEVE THAT YOGA IS NOT JUST A PHYSICAL EXERCISE, BUT A HOLISTIC JOURNEY THAT NURTURES THE MIND, BODY, AND SOUL. OUR DEDICATED TEAM OF EXPERIENCED INSTRUCTORS AND STAFF ARE COMMITTED TO GUIDING YOU ON THIS TRANSFORMATIVE PATH.

WE HAVE BEEN WORKING TIRELESSLY BEHIND THE SCENES TO BRING YOU THE BEST YOGA MANAGEMENT EXPERIENCE POSSIBLE. OUR TEAM HAS BEEN DEDICATED TO CREATING A PLATFORM THAT WILL REVOLUTIONIZE THE WAY YOU MANAGE YOUR YOGA CLASS.



**GYANENDRA
KUMAR GYAN**



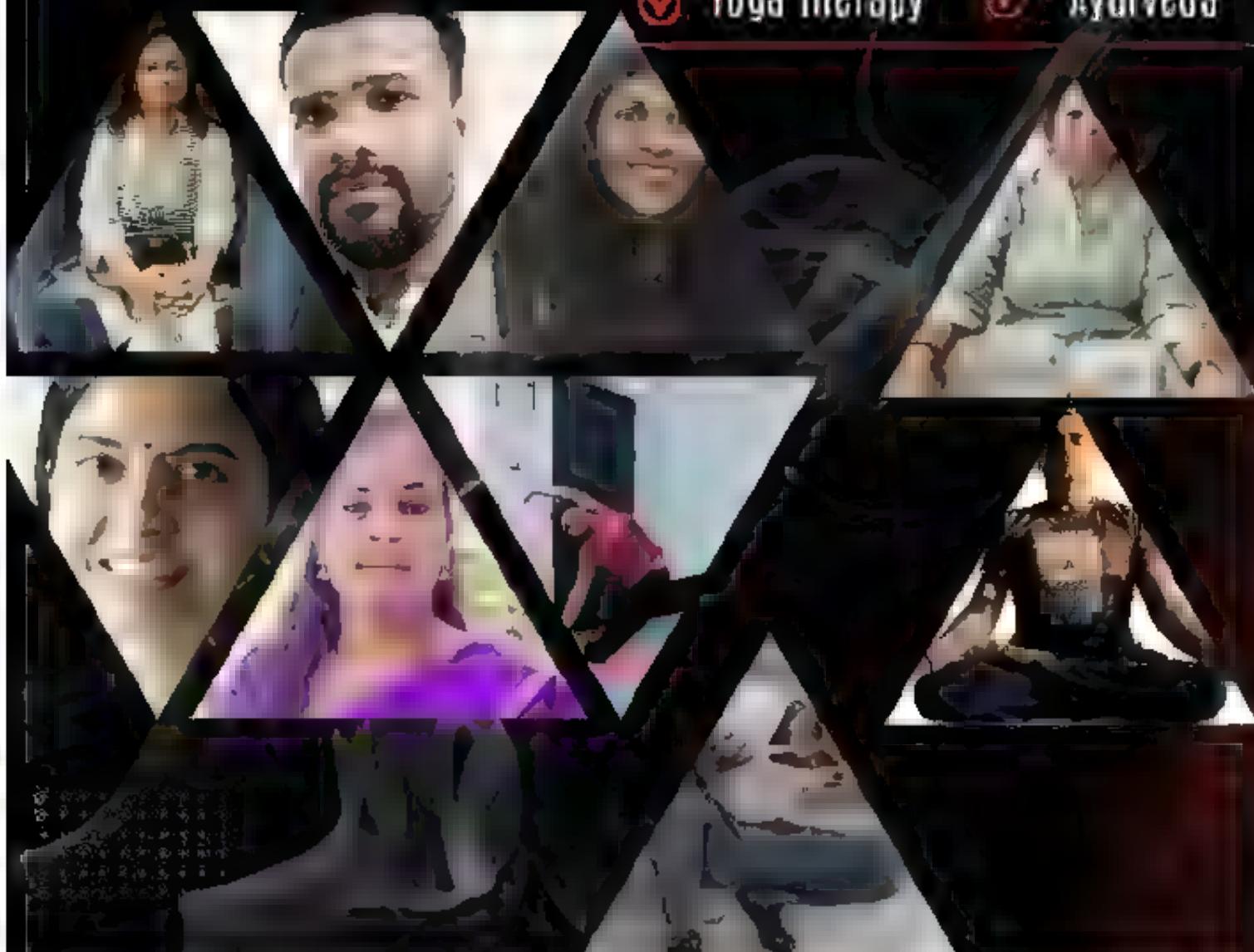


SKM YOGA

SENIOR TRAINERS

- Ashtanga
- Hatha yoga
- Yoga Therapy

- Meditation
- Diet
- Ayurveda





200 Hrs Yoga Teachers Training

This comprehensive program is designed to equip you with the necessary skills and knowledge to become a certified yoga teacher. Whether you are a beginner or an experienced yogi looking to deepen your practice, this course is tailored to cater to all levels. Our highly experienced and qualified instructors will guide you through various aspects of yoga, including asanas (postures), pranayama (breathing techniques), meditation, philosophy, anatomy, and teaching methodology. The course curriculum has been carefully crafted to provide a holistic understanding and practical application of yoga, enabling you to confidently share this ancient practice with others. During the course, you will have the opportunity to immerse yourself in an environment that is conducive to learning and personal growth. Our serene and tranquil training center offers the perfect setting for you to delve deeper into your practice, away from the distractions of daily life. You will be surrounded by like-minded individuals who share the same passion for yoga, creating a supportive and inspiring community. Upon successful completion of the course, you will receive a globally recognized certification, which will open doors for you to teach yoga professionally anywhere in the world. This course not only serves as a stepping stone towards a fulfilling career as a yoga teacher but also provides a transformative experience for personal growth and self-discovery. If you are ready to embark on this enriching journey, I encourage you to visit our website [website link] for more information about the course schedule, fees, and application process. Please feel free to reach out to our dedicated team if you have any further queries or require assistance in any way. Spaces for this program are limited, so I urge you to secure your spot at the earliest convenience. We are confident that the SKM Yoga 200 Hrs Yoga Teachers Training Course will equip you with the necessary tools and empower you to make a positive impact on the lives of others through the practice of yoga.



1000+ Alumni

200 HRS INTERNATIONAL TTC

SKM
YOGA



WWW.SKMYOGA.COM



500 Hrs Yoga Teachers Training

SKM Yoga is proud to present our highly acclaimed 500 Hours Yoga Teachers Training Program. At SKM Yoga, we understand the importance of continuous learning and professional development for yoga teachers. With this in mind, we have meticulously designed a comprehensive program that will equip you with advanced skills and knowledge to excel in the field of yoga instruction. Our 500 Hours Yoga Teachers Training Program is led by experienced and renowned yoga gurus who have dedicated their lives to the practice and teaching of yoga. Through a combination of theoretical classes, practical sessions, and interactive workshops, you will delve deep into various aspects of yoga, including asanas, pranayama, meditation, anatomy, philosophy, and teaching methodologies. By the end of this program, you can expect to have a profound understanding of yoga and its principles, enabling you to confidently guide and support your future students. Furthermore, you will receive a globally recognized certification upon successful completion of the training, opening up doors to opportunities worldwide. SKM Yoga takes immense pride in providing a nurturing and supportive environment for our trainees. We believe in fostering a strong sense of community and encourage collaboration among our students, enabling you to build lasting connections with like-minded individuals who share your passion for yoga. As spaces for this program are limited, encourage you to secure your spot at the earliest convenience. You can visit our website [website link] to find more details about the program, including the schedule, curriculum, and testimonies from our previous graduates. Should you have any inquiries or require further assistance, please do not hesitate to reach out to our dedicated team at [email address] or [phone number]. We are here to address any concerns you may have and guide you through the enrollment process. Thank you for considering SKM Yoga as your preferred choice for advanced yoga teacher training. We look forward to welcoming you into our esteemed program and witnessing your transformation as a seasoned yoga teacher.



200+ Alumni

500 Hrs

skm Yoga Teachers Training at Rishikesh





DSW
yoga
TOUR



D

S

W

Y



SKM YOGA INTERNATIONAL TEAM

VISIT DSVV



EXPLORING THE LEGACY!

**SKM YOGA INTERNATIONAL STUDENTS ATTENDED
VARIOUS YOGA SESSIONS ACROSS GLOBE**



SKM YOGA INTERNATIONAL STUDENTS VISITED OUR NGO UDAAR FOUNDATION, ALSO MEETING WITH SWAMI CHIDANANDA JI AT PARMARTH MEETING WITH HON PRO VC OF DSVV DR CHINMAY PANDYA SIR, ISHWAR BHARDWAJ SIR, SUNEEL SIR AND DOING YOGA AT BANK OF GANGES.





Food Distribution Covid time



LIFE OF A YOGA TEACHER



year 2011, foundation of skm yoga



Client's Review



Abhisek Mishra



Piyali Roy



I would like to express my immense pride in being associated with SKM Yoga. The classes offered by SKM Yoga have not only enhanced my physical well-being but have also had a positive impact on my mental and emotional state. The professionalism and expertise displayed by the instructors have truly impressed me.



The ambience at SKM Yoga is serene and conducive to productive yoga practice. The facilities provided are top-notch, ensuring a comfortable and enjoyable experience for all participants. The centre's commitment to maintaining cleanliness and hygiene is truly commendable.

Page 3 Clients



Rajeev Kapoor



The coverage of yoga classes provided at SKM Yoga School individually caters to the needs of each participant. The classes are designed to accommodate all levels of experience, from beginners to advanced practitioners. The center's focus is on creating a safe and supportive environment where each participant can explore their own physical and mental boundaries. The classes are led by highly qualified and experienced instructors who are dedicated to providing personalized guidance and support to each participant.



Tanmay Mehta



The coverage of yoga classes provided at SKM Yoga School individually caters to the needs of each participant. The classes are designed to accommodate all levels of experience, from beginners to advanced practitioners. The center's focus is on creating a safe and supportive environment where each participant can explore their own physical and mental boundaries. The classes are led by highly qualified and experienced instructors who are dedicated to providing personalized guidance and support to each participant.

www.skmyoga.com



MANAGEMENT TEAM

At SKM Yoga Management, we understand the challenges faced by yoga professionals in managing their businesses efficiently. Our team of experienced professionals has developed an all-in-one solution that simplifies the administrative tasks associated with running a yoga studio, allowing you to focus on what really matters - teaching and inspiring your students.



BOD



DIRECTOR FINANCE



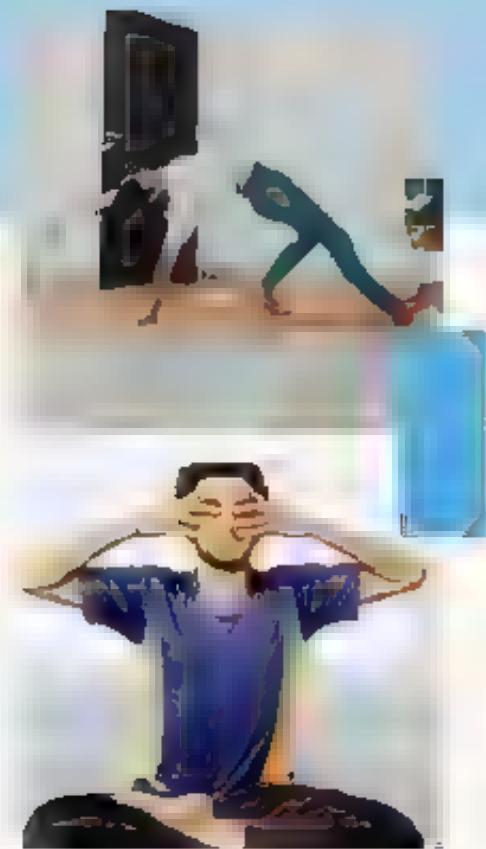
DIRECTOR QUALITY MGMT



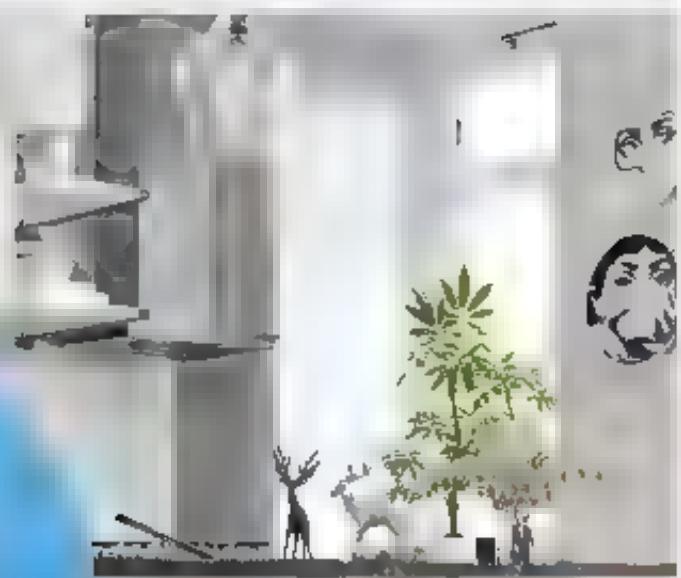
TRAINERS & TEACHERS



Brand Value

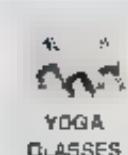


- We back our customers
- We make it great
- We do real ancient yoga
- We respect people
- We embrace diversity
- We stand for inclusion.
- We win as a team
- We support our communities.



OUR YOGA STUDIO PROGRAMS

OUR PROGRAMS



YOGA
CLASSES



YTTC 200
HRS



PERSONAL
SESSIONS



NET
PREPARATION



PRANIC
HEALING



ACUPRESSURE
PRACTITIONER



YOGA
RETREATS



YOGA
CHAMPIONSHIPS



MEDITATION
CLASSES



PRE & POST
NATAL YOGA



YOGA
JOBS
CENTRE



YOGA
EVENTS

FACILITIES IN YOGA STUDIO



YOGA
STUDIO



DRESS CHANGING
ROOM



PROPER
VENTILATION



RECEPTION



PAYMENT
METHODS



SECURITY 24H



YOGA BOOKS
& SYLLABUS

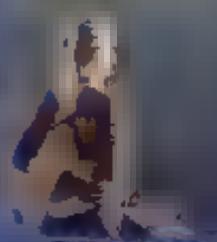


GRIEVANCE
CELL

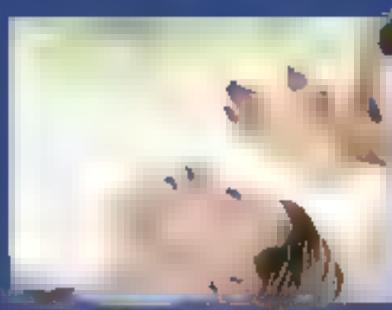


YOGAPROPS

PILLARS OF A SUCCESSFUL YOGA STUDIO



SPRITUALITY



DEVOTION



MEDICAL

WE ARE COMMITTED TO PROMOTION OF YOGA AMONG YOUNGSTERS



Yoga queen program

We have the queen program for young people who want to practice yoga. This program is designed for young people who want to practice yoga and become yoga teachers. We have a special program for young people who want to become yoga teachers.



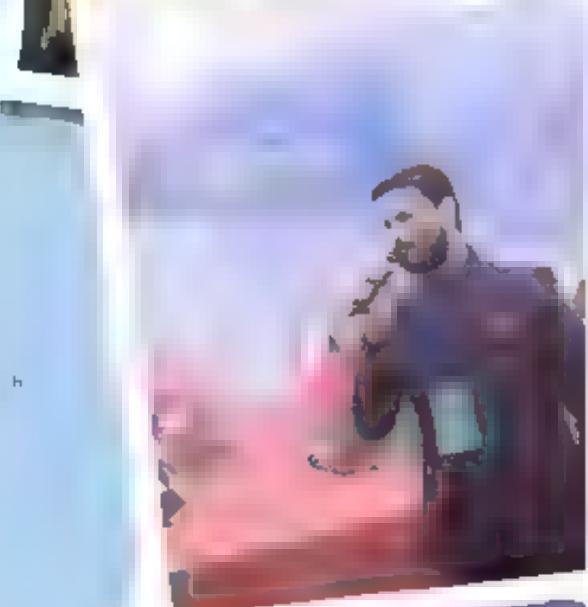
Yoga Star program

This program aims to recognize and appreciate the best and most outstanding yoga stars who have exceeded their practice capabilities. It is an opportunity to showcase their skills and inspire others to yoga. We invite people to participate in this remarkable competition to demonstrate their passion for yoga and contribute to the yoga community.



miss yoga vietnam

This event aims to celebrate the beauty and grace of yoga practitioners from all over the world. The program will be a showcase for talented young women from various backgrounds to compete in different categories such as the best yoga pose, the most creative yoga outfit, and the most inspiring yoga story. The competition will be held in a series of workshops and culminates in a grand competition where the most deserving Miss Yoga Vietnam will be crowned.



4 YOGA TEACHERS TRAINING IN A YEAR

As a premier yoga institution, SKM Yoga takes pride in providing exceptional training to aspiring yoga teachers. We believe in quality over quantity, which is why we host only four Yoga Teacher Training programs in a year. This allows us to maintain focus and provide personalized attention to each participant.

January Yoga Teachers Training

During the YTTC participants will have the opportunity to deepen their understanding of yoga philosophy, asanas, pranayama, meditation techniques and much more. Our experienced and dedicated team of trainers will guide and support participants throughout the program, ensuring a transformative learning experience.

April Yoga Teachers Training

By limiting the number of YTTC programs, we ensure that each training session remains focused, personalized, and of the highest quality. Our small class sizes allow for individual attention and personalized guidance, ensuring that every participant receives the necessary tools and knowledge to become a competent yoga teacher.

July Yoga Teachers Training

We understand the importance of flexibility in scheduling, and therefore, we offer training programs throughout the year. Whether you are seeking a new career path, expanding your knowledge, or simply deepening your own practice, SKM Yoga provides the perfect platform to embark on this transformative journey.

October Yoga Teachers Training

We encourage you to take advantage of this exclusive opportunity and secure your spot in one of our upcoming YTTC programs. Whether you are a passionate yoga practitioner looking to deepen your practice or an aspiring yoga teacher seeking professional training, our program will exceed your expectations.

8km Yoga Dubai

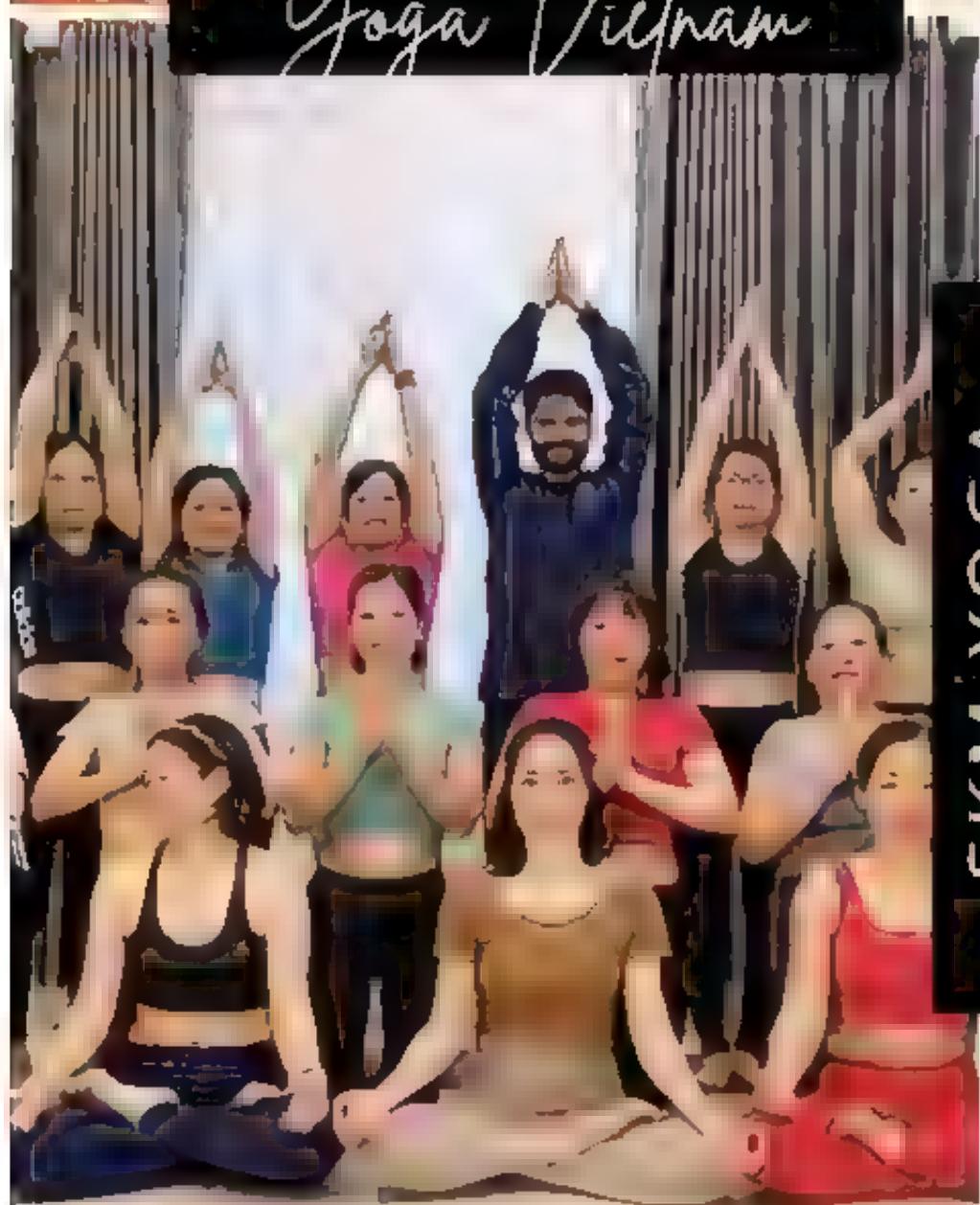


8km yoga workshops



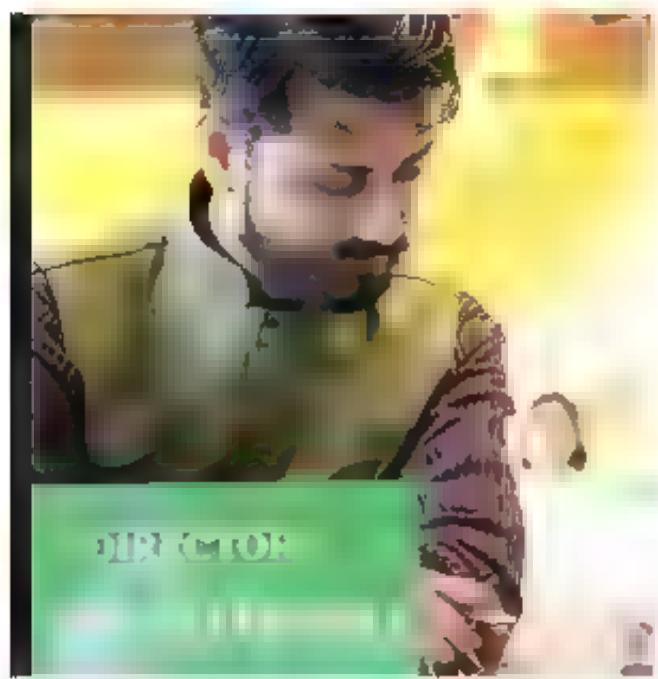


Yoga Vietnam



SKM YOGA





**INTERNATIONAL
CONFERENCES**

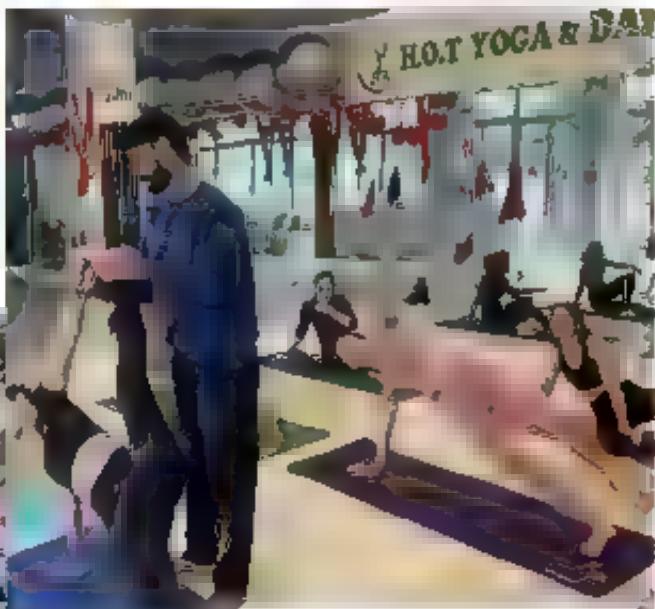
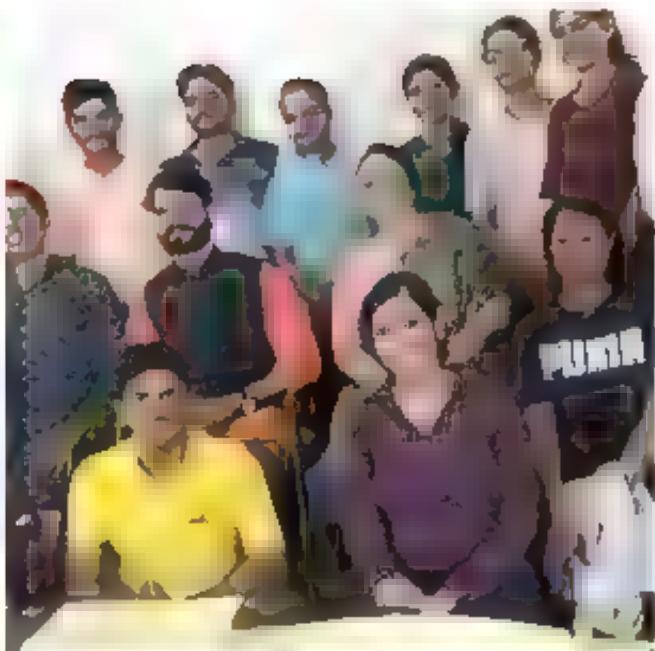




INTERNATIONAL YOG GURUS



SHIVAM SIR'S LECTURE IN VARIOUS CITIES



Yoga across globe



skm yoga classes



yoga teacher's training



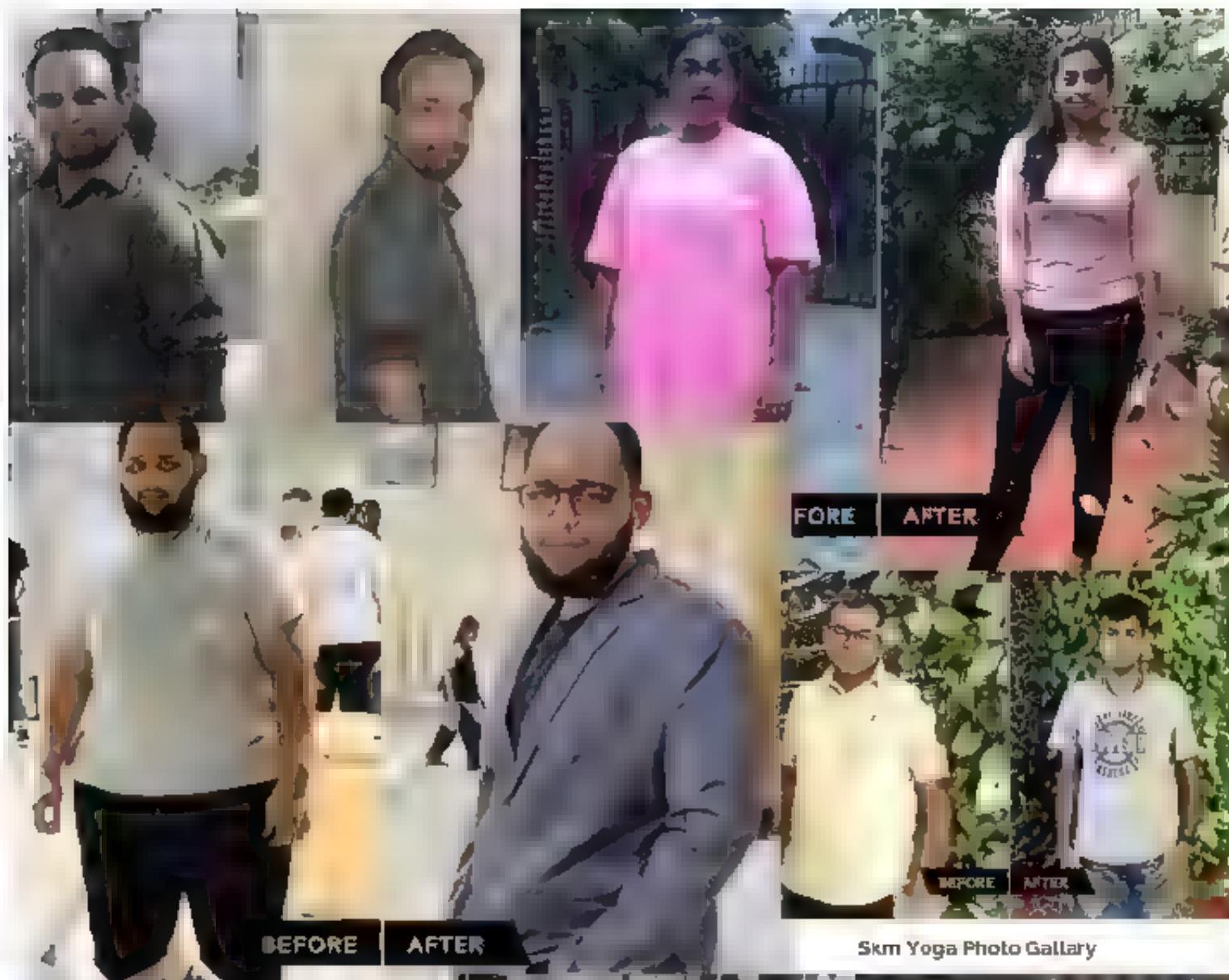
Shin Yoga Class The Before & After Effect





Skm Yoga Photo Gallery





Skm Yoga Photo Gallary



Skm Yoga Photo Gallary



SKM YOGA

PROVIDES

YEARLY FREE PROGRAMS FOR YOGA TEACHERS

development

FREE NET JRF COACHING

assist yoga teachers in Eligibility Test (NET) and JRF exams in the field of yoga.



YOGA PROPS

provide comprehensive training on the effective use of yoga props to

teachers and students.

PRE NATAL

participants learn how to provide safe and effective prenatal yoga classes with specialized knowledge and skills.

YOGA DAY

organize successful yoga events. Through this initiative, we provide valuable resources and support to yoga teachers who want to organize successful events in their communities.

MOCK TESTS

Aspiring yoga teachers who are planning to participate in yoga competitions can benefit greatly from our mock tests, which simulate the actual competition environment and help them prepare effectively.

we Believe that Yoga is
OUR RESPONSIBILITY



All these programs are offered completely free of charge as part of our commitment to the betterment of the yoga community. We believe that by investing in the growth and development of yoga teachers, we contribute to a more knowledgeable and skilled generation of professionals.

We are confident that these programs will greatly enhance yoga trainers' capabilities as a yoga teacher and provide invaluable insights and experiences. Don't miss out on this exceptional opportunity to broaden your horizons and excel in your yoga teaching journey.

OUR PROGRAMS

YOGA CLASSES

Yoga Classes various types of courses and classes for their students and group.

Our Outreach per year exceeds 20% Since 2020

80%

Students Counting
India

10%

Yoga as our
Teacher

10%

Join Universities to
Higher studies

YOGA COURSES

01 200 HRS YOGA TTC

02 300 HRS YOGA TTC

03 500 HRS YOGA TTC

04 1000 HRS YOGA PRACTICAL

05 SHORT TERM MODULAR COURSE

skmyog@gmail.com 
+918826476724 

Noida | Dubai | Vietnam | Thailand 

NON YOGIC COURSES

01 100 HRS DIET THERAPY TTC

02 100 HRS NATUROPATHY TTC

03 100 HRS ACCUPRESSURE TTC

04 100 HRS PRANIC HEALING TTC

05 100 HRS AYURVEDA TTC

skmyog@gmail.com 

+918826476724 

No da | Dubai | Vietnam | Thailand 

YOGIC COURSES

01 100 HRS YOGA (PROPS) TTC

02 100 HRS YOGA THERAPY TTC

03 100 HRS PRE-NATAL YOGA TTC

04 100 HRS GASTROINTESTINAL TTC

05 100 HRS NEURO YOGA TTC

skmyog@gmail.com 
+918826476724 

Noida | Dubai | Vietnam | Thailand 

YOGA AT HOME

01 1 MONTHS HOME YOGA CLASS

02 3 MONTHS HOME YOGA CLASS

03 6 MONTHS HOME YOGA CLASS

04 12 MONTHS HOME YOGA CLASS

05 2.5 YEARS HOME YOGA CLASS

skmyog@gmail.com 

+918826476724 

Noida | Dubai | Vietnam | Thailand 

YOGA AT HOME

01 YOGA CLASS FOR TWO PEOPLE

02 YOGA CLASS FOR THERAPY

03 YOGA CLASS FOR LESS THAN 5 PEOPLE

04 YOGA CLASS FOR LESS THAN 10 PEOPLE

05 YOGA CLASS FOR LESS THAN 20 PEOPLE

skmyog@gmail.com 

+918826476724 

Noida | Dubai | Vietnam | Thailand 

CRITICAL YOGA THERAPY

01 GASTROINTESTINAL YOGA THERAPY

02 NEURO YOGA THERAPY

03 ENDOCRINOLOGY YOGA THERAPY

04 OSTEOLGY YOGA THERAPY

05 GENERAL YOGA THERAPY

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Noida Dubai Vietnam Thailand 

CRITICAL YOGA THERAPY

01 CARDIO YOGA THERAPY

02 PULMONARY YOGA THERAPY

03 WEIGHT LOSS YOGA PROGRAM

04 INSOMNIA & HYPERTENSION MGMT

05 CHILD YOGA THERAPY

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YOGA BEYOND ASANA

01 PSYCHOLOGICAL ISSUES

02 FAMILY PLANNING

03 RELATIONSHIP MANAGEMENT

04 SPIRITUAL ENLIGHTENMENT

05 COUNSELLING SESSIONS

skmyog@gmail.com 

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Noida | Dubai | Vietnam | Thailand 

CORPORATE YOGA

01 YOGA FOR GROUP OF 10-20 PERSON

02 YOGA FOR GROUP OF 20-50 PERSON

03 YOGA FOR GROUP OF 50-100 PERSON

04 MEDITATION BASED SESSIONS

05 PHYSICAL HEALTH AWARENESS

skmyog@gmail.com 

+918826476724 

Noida | Dubai | Vietnam | Thailand 

SOCIETIES/CLUB YOGA

01 YOGA FOR GROUP OF 10 PERSON

02 YOGA FOR GROUP OF 20 PERSON

03 YOGA FOR GROUP OF 30 PERSON

04 YOGA FOR GROUP OF 50 PERSON

05 YOGA FOR GROUP OF 100 PERSON

skmyog@gmail.com 

+918826476724 

Noida | Dubai | Vietnam | Thailand 

YOGA FOR ARMED FORCES

01 ARMY YOGA CAMP

02 REGULAR YOGA CLASS

03 CUSTOMISED YOGA CLASS

04 MEDITATION WORKSHOPS

05 GENERAL HEALTH AWARENESS

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YOGA FOR SCHOOLS

01 YOGA FOR JUNIOR CLASS

02 YOGA FOR SUB JUNIOR CLASS

03 YOGA FOR KIDS

04 YOGA FOR SENIOR STUDENTS

05 YOGA FOR SCHOOL TEACHERS

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YOGA FOR COLLEGES

01 YOGA FOR GRADUATES

02 YOGA FOR POST GRADUATES

03 YOGA FOR PROFESSORS

04 YOGA WORKSHOPS

05 CUSTOMISED YOGA SESSIONS

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YOGA FOR NGO OR CLUBS

01 YOGA FOR NGO

02 YOGA FOR YOUTH CLUBS

03 YOGA FOR SENIOR CITIZENS GROUP

04 YOGA FOR KIDS

05 YOGA FOR WOMENS

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SOCIAL MEDIA



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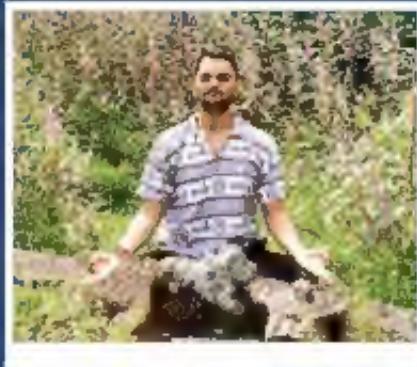
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Thank You
from Team

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